


2.5K RUNNING REVOLUTION TRAINING PROGRAM

	MON	TUES	WED	THURS	FRI	SAT	SUN
Week 1		15 min dynamic stretch 1/3:00 mile run 1.75 10 min cool down walk	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 1 min 1 min 1 min then 1 min X 15 10 min cool down walk	Rest or easy walk	30 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 2	Rest or easy walk	15 min core workout 10 min dynamic stretch 1 min 1 min then 1 min X 10 10 min cool down walk	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 1 min 30 sec 1 min then 1 min X 15 10 min cool down walk	Rest or easy walk	30 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 3	Rest or easy walk	15 min lunge – 10 dynamic 1 min 15 sec then 1 min X 15 10 min cool down walk 5 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 90 sec 30 sec 1 min then 1 min X 15 10 min cool down walk	Rest or easy walk	30 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 4	20 min cardio train* 10 min static stretch *See cardio training options worksheet	15 min static – 10 dynamic 90 sec 15 sec then 1 min X 15 10 min cool down walk 5 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 90 sec 15 sec 1 min then 1 min X 15 10 min cool down walk 5 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 5	20 min cardio train* 10 min static stretch *See cardio training options worksheet	Q&A – 10 dynamic 2 min 15 sec then 1 min X 15 10 min cool down walk 5 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 3 min 30 sec 1 min then 1 min X 10 10 min cool down walk 5 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 6	20 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic stretch 5 min 1 min then 1 min X 5 10 min cool down walk 5 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 5 min 1 min 1 min then 1 min X 5 10 min cool down walk 5 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 7	30 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic stretch 1 mile slow to jog if needed 10 min cool down walk 5 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 1 mile slow to jog if needed 10 min cool down walk 5 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 8	20 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic stretch 10 min 1 min then 1 min X 2 10 min cool down walk 5 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 10 min 1 min 1 min then 1 min X 2 10 min cool down walk 5 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 9	20 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic stretch 15 min 1 min then 1 min X 2 10 min cool down walk 5 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 1.5 mile run slow to jog if needed 10 min cool down walk 5 min static stretch	Rest or easy walk	45 min yoga, swimming, pilates or static stretch	Rest or easy walk
Week 10	20 min cardio train* 10 min static stretch *See cardio training options worksheet	10 min dynamic stretch 1.5 mile run slow to jog if needed 10 min cool down walk 5 min static stretch	20 min strength train* 10 min static stretch *See strength training options worksheet	10 min dynamic stretch 1.5 mile jog 10 min cool down walk 5 min static stretch	Rest or easy walk	Rock the Cinco Race See you at the finish line!	Pick your next goal and start working toward it! Great Job!

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